

County Connection

December 2014



Employee Scene

Welcome

United Way

Confined Space

MHC EDC

Governor's Award

Holiday Stress

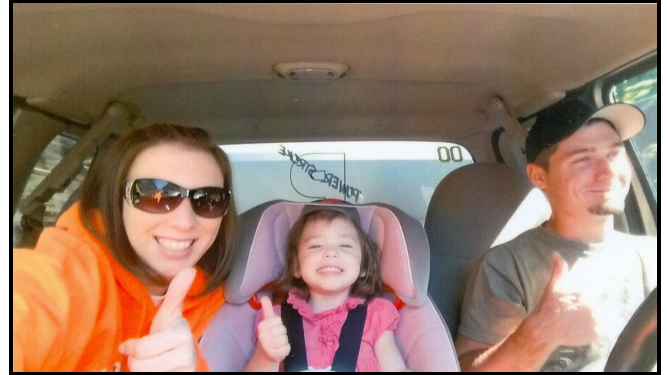
EAC

Birthdays

Please see *Page 8* for additional information about weather related closings or delays of the Henry County Administration Building.

Employee Scene

With Michael Whitlock (PSA Customer Service)



Michael with wife Bridget and daughter Maci

What do you enjoy most about your job?

Not being confined in an office space.

How did you meet your spouse?

We were old high school friends.

Do you have any hobbies/pastimes?

Racing go karts, riding 4-wheelers, hunting, fishing and camping.

What is your favorite movie that you could just watch over and over?

Days of Thunder

What is your favorite place to eat?

Texas Roadhouse

What type of music do you listen to and your favorite song?

Country, Dirt from Florida Georgia line.

See EMPLOYEE, page 2

County Connection

EMPLOYEE (continued from page 1)



Michael and Maci

What thing about you would people be the surprised to know?

I only dated by wife 2 months before I proposed to her.



**Lifelong Dallas
Cowboy fan
Richard
Stanfield now
a Redskins
fan??? A bet
gone bad???**

Welcome Awbrey Watts!



Awbrey J. Watts joined the Commonwealth Attorney's office in June, 2014 as an Assistant Commonwealth Attorney. Awbrey was born in Westminster, California and raised in Riverside, California. She graduated from the University of California, San Diego in 2003 with a B.A. in Human Development. In 2007 she graduated from Thomas Jefferson School of Law, *cum laude*. She became a member of the California Bar Association in 2008 and worked for a private Immigration firm in Irvine, California until 2010. In October, 2010 Awbrey became a Magistrate here in Henry County and the following year she became a member of the Virginia Bar Association. Please join us in welcoming Awbrey to our office family.

County Connection

United Way campaign a success

By Michelle Via



Henry County/PSA has completed yet another successful United Way campaign all because of the generosity of each and every employee who participated in some way. This year's campaign raised a total of \$21,801 of which \$20,091 came solely from employee pledges!

We had several fundraising events this year which raised an additional \$1,710, including the karaoke contest/luncheon, \$1,213; jersey day, \$110; and reserved parking spaces, \$387. The karaoke contest was an overwhelming success and we learned that we have a lot of talented employees. Sharon Foley was crowned "County Karaoke King" and awarded a trophy for collecting the most pledges with \$500. The "People's Choice Award" went to Amy Scott

and Michelle Graham with the Henry County School Board. Other participants included a duet by Tim Hall and Dr. Jared Cotton, David Moore, Mike Amos and Christy Landon. Tierra Dillard was originally signed up for the event but was not feeling well and did not perform; however, her many fans still contributed to the worthwhile cause.

Thanks to your support, we can definitely say **CHANGE Starts Here!**



County Connection



County Connection

Confined Space: Addressing the Dangers with Safety in Mind

By Tim Byrd

One of the most dangerous job duties required of the staff of the Henry County Public Service Authority involves entering “confined spaces” to perform routine equipment checks or in making a necessary repair. The definition of a confined space (per the OSHA standard) is any space with a limited means of entry/exit and not intended for continuous occupancy and having at least one of the following characteristics:

- Potential for a hazardous atmosphere (lack of oxygen, toxic gasses, etc.)
- Potential for engulfment (by liquids, gasses or other materials)
- Internal configuration which can trap an entrant
- Other recognized safety hazards

In short, a confined space can be a very dangerous place to be! Because of the serious potential hazards associated with confined spaces, our operating practices require very strict adherence to making sure all confined space entries are done safely and all hazards properly addressed and mitigated prior to entry. Some of the confined spaces our employees are exposed to are manholes, trenches, pumping stations, vaults, water tanks, and others.

The procedures in place for making a safe confined space entry include a checklist of items included on our Confined Space Entry Permit and include conducting atmospheric checks prior to and during the entry, utilization of an attendant to assist the entrant, utilization of safety harnesses and retrieval equipment - all of which are dependent upon the type of entry being made.

Following these procedures allow us to work safely in potentially dangerous environment. But what if something goes wrong? What if the safe environment suddenly changes? What if the entrant gets injured or has a medical emergency? It was those situations that were the focus of our Confined Space training sessions conducted in late October. Over the course of two full days of training, 40 PSA employees received awareness training on the hazards of confined spaces to remind them of the importance of following the required safety procedures associated with confined space entries. And the members of our PSA Confined Space Rescue team were challenged by our instructors from Spec Rescue International with two rescue scenarios which required the team members to work in coordination to make sure all safety protocols required in those situations were properly addressed. In addition to making sure the rescue team conducts a safe entry, they also focused on controlling the incident scene, which in a real emergency situation would involve additional responding units including public safety, fire/rescue personnel, law enforcement and media. To make the training as realistic as possible, the rescue scenarios were conducted at our Reed Creek pump station. The actual “rescue” involved the retrieval of a victim (a mannequin), which had to be packaged for transport and then removed vertically using our retrieval equipment and our Spec Pak rescue device. The Spec Pak is designed to be utilized as a device to extricate and move victims in vertical or horizontal environments. The class facilitators were extremely complimentary of the performance of the members of the Rescue Team and their ability to conduct rescues that were both safe and timely.

Conducting a confined space rescue is one of those things you hope you never have to do “in real life,” But preparing for the “worst” will enable us to do our “best” should that need arise.

County Connection



Our rescue team completes the rescue operation using our retrieval system and our Spec Pak equipment.



Rescue Team member Jamie Hall makes his descent using his supplied air System.



*The members of the Henry County PSA Rescue Team
Kneeling (l-r) Bill Stevenson, Tony Turner
Back Row (l-r) Bryan McAlexander, Mike Ward, Jamie Hall,
Justin Pruitt, Jason Gardner, Tim Byrd, Danny Motley, Steve
Clary, Stan Tyndall, Not Pictured: Kelly Custer*



Bryan McAlexander enjoying the comforts of the Spec Pak retrieval device

County Connection

County Ambassador/Customer Service Workshop

The Martinsville-Henry County Economic Development Corporation will conduct a County Ambassador/Customer Service Workshop on Thursday, December 11th at 9:00 a.m. in the 4th floor conference room. This program will provide tools and information as to how we can be better ambassadors for our community as we come into contact with residents and visitors. This program will be of particular benefit for front line employees that have daily interactions with the public. *Please contact your department manager if you have an interest in attending this workshop.*

Customer Service Workshop

The EDC will hold a free customer service workshop for area businesses on Friday, December 12th at 8:00 a.m. at the Visitor Center located at the New College Institute. Providing quality customer service is important for the success of every business and is critical for growing tourism in our community. Light refreshments will be served and space is limited, so please RSVP to Chloe Mayhew, 276.403.5948 or CMayhew@YesMartinsville.com, by Tuesday, December 9, at 5:00 pm.



County Connection

Is the Administration Building Closed?

We are currently evaluating a product that will allow us to send a text message and/or an email to you when the Henry County Administration building is closed or opening delayed. If you are interested evaluating this product, please sign up using the instructions below. For now, you may still also call 276-634-2535 or visit the Henry County's Facebook page at www.fb.com/henrycountyva

To receive messages via text, text **@hccl** to **(804) 867-2517**. You can opt-out of messages at anytime by replying, 'unsubscribe @hccl'.



Or to receive messages via email, send an email to **hccl@mail.remind.com**. To unsubscribe, reply with 'unsubscribe' in the subject line.



County Connection

Holiday Hot Ticket

Give the gift of "Fun in Record Time" to those on your holiday shopping list! Each Saturday in December, the Martinsville-Henry County Visitor Center will host special holiday ticket, membership, and season pass sale events.

December 6th: Piedmont Arts



December 13th: Rooster Walk



December 13th: Rives Theatre



December 20th: Martinsville Mustangs



December 20th: Garden Club of Virginia



With a ticket purchase you receive 25% off one MHC item at the Visitor Center and free gift wrapping!

Stop by the Martinsville-Henry County Visitor Center at the corner of Church and Moss St. in Martinsville for this great holiday shopping opportunity. For more information, call 276.632.8006, email us at Tourism@YesMartinsville.com or visit us online at www.visitmartinsville.com.



County Connection

Martinsville-Henry County 911 Emergency Medical Dispatcher wins the 2014 Governor's Award for Outstanding EMS Telecommunications Dispatcher

You may remember an article in the July newsletter where Susan Fulcher, a 25 year employee with the Martinsville-Henry County 911 Center, received the 2014 Western Virginia EMS Council's Outstanding EMS Telecommunications Dispatcher award for the region. By winning this award for the region, the Western Virginia EMS Council nominated Susan to represent the Western Virginia region for the Governor's Award for Outstanding EMS Telecommunications.

Each year during the EMS Symposium, the winner of the Governor's award is selected. In front of a large crowd of peers, Susan Fulcher was selected as the winner of the 2014 Governor's Award for Outstanding EMS Telecommunications. *"What an honor for one of our own to be selected amongst all the nominees from across the Commonwealth to receive this elite award and recognition."* (JR Powell)

As mentioned, Mrs. Fulcher has been a 25 year employee with the 911 Center, but her involvement in EMS first started six years before ever becoming an Emergency Dispatcher. Mrs. Fulcher has over 31 years of service to the local volunteer EMS system, where she has held certifications from Emergency Medical Technician, Cardiac Technician, District Training Officer, and Shock Trauma Technician to name a few. With the Martinsville-Henry County 911 Center, Mrs. Fulcher currently holds the position of Virginia Criminal Information Network (VCIN) Supervisor where she oversees the final entry of Martinsville Police Department and Henry County Sheriff's Office entries into the state and national criminal information network. Mrs. Fulcher is also a VCIN Instructor where she is key in ensuring all 911 staff, as well as many law enforcement Officers, have required certifications to utilize the criminal information networks. With the recent implementation of Emergency Medical Dispatch (EMD) at the local 911 Center, Mrs. Fulcher plays a key role as an EMD Instructor insuring all 911 staff have proper certifications to provide lifesaving instructions to 911 callers. Along with all those duties, Mrs. Fulcher is first and foremost an Emergency 911 Dispatcher assisting the Martinsville-Henry County 911 Center in processing almost 180,000 calls annually.

Congratulations Susan and thank you for your years of continuing service to the Martinsville-Henry County 911 Center, your community, and the all the citizens within.



County Connection

Holiday Stress 2014




CARILION
EMPLOYEE ASSISTANCE
PROGRAM

1-800-992-1931

The Holidays Are Here!

More things to do, people to see, and places to go. These things might be fun, but they also can be stressful. To make this holiday season a happy and peaceful one, look for healthy ways to manage stress.

Reasonable Expectations

The media often portray the holiday season as trouble free, twinkly, and festive. But family problems may escalate when the season arrives. The reality of the holidays, much like life, is that real people and families are not perfect. If you can change your expectations just a bit so you don't expect holidays to be like the movies, you may have a more enjoyable experience.

Tips for the Holidays

Set reasonable expectations: Do your best to stick to your regular family routine. Changing your schedule to fit in holiday activities and traveling can be tough on you and your kids, so try to keep things as normal as possible.

Try to keep bedtimes and mealtimes the same even when you're away from home. Talk with your family about schedules. Take time to explain each day's activities to your children and let them know what you expect from them.

Do What You Really Want to Do

Together, choose activities that you really want to do. You can't do everything, so you might let your children pick their favorite things for your family to do. Do the things that you all will enjoy the most, and then say "no" to extra activities.

Talk with your family about finances. Even young children can learn how to budget for

gifts. Urge them to get creative and make presents for family members instead of buying them. Receiving a thoughtful gift from a child can be a memorable holiday moment that lasts a lifetime. Many families concentrate on special things they can make or do for each other. Try it!

Take Time to Relax

It is important to take time to relax this holiday season. Here are a few ways to cope with holiday stress:

Plan quiet time or at least downtime from activities. Take a few moments to read a book, take a bubble bath, or sit down and listen to your favorite songs.

You also may want to:

- Play a board game with your family.
- Go for a walk with your family to see holiday displays in your neighborhood.
- Join your kids for fun family exercise. If you choose something outdoors, the fresh air and exercise can lift your spirits.
- Settle down for story time with your family. Pull out holiday stories that you loved as a child and read them aloud together.
- Use time spent standing in lines or sitting in traffic to take a stretch break and loosen those tense muscles. Here are some simple stretch moves: Neck stretches: Tilt your head toward each shoulder. Turn your head from side to side and look over your shoulder. Be sure to keep your head aligned, and do not stick your neck out. Shoulder stretches: Shrug your shoulders and then relax them. Roll your shoulders forward and backward. Gently shake your shoulders.

Get Giving—Volunteer at a Local Charity

Carving out a few hours to volunteer at a charity might seem impossible, but giving your time and energy may help you find the spirit of the season.

Stuck for ideas? You and your family might help wrap gifts for needy children, deliver meals to families in need, or visit residents in a local nursing home.

Just Do Your Best

As you enjoy the holiday season, do your best to limit stress. Don't expect everything to go as planned. Your child may get sick during the holiday, the oven might break as you are cooking a special dinner, or a storm may prevent relatives from visiting. When these things happen, let the family help decide on a new plan. Don't let unexpected events ruin the holidays for you. Be adaptable and flexible. You can help yourself and your children relax and enjoy the holidays for what they truly are: a time of joy, celebration, and peace with friends and family.

What Your EAP Can Do

You can have all the sugar plums and toy drums lined up and still discover that you are affected by the blues during the holiday season. Your Carilion EAP is here to help. Perhaps you only need to talk and "process" personal concerns or work issues. Whether the problem is a real stumper or not, the EAP is here for you, both now and during any time of year. To make an appointment, call 800-992-1931, option #2.

Be Grateful!

There is no greater de-stressor than the gift of gratitude. Let's all be thankful for making it through 2010!!

This fact sheet was adapted from the Family Guide to Managing Holiday Stress, courtesy of the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA)

F012

County Connection



It's that special time of year again where we have the opportunity to make the Christmas Holiday a little more special for less fortunate families and senior citizens in Henry County.

The Christmas tree at the Henry County Administration Building, Henry County Courthouse, and the Sheriff's Office will be decorated soon with bears containing names of children and senior citizens in Henry County that need our help in making this Christmas season special. Each bear ornament contains the name and gift wish that each child or senior requested. You select a bear, purchase the gift and deliver it wrapped to any EAC representative. Please return the "full" bear with the gift so we will know which child or senior the gift goes to (do not cut the bottom of the bear off).

If you would rather make a monetary donation, which will be used to purchase food for the families, there will be bear ornaments listed in different dollar amounts. Simply select the bear and turn in the bear with the monetary donation to an EAC representative.

All gifts and or monetary donations must be turned into the EAC no later than close of business Monday, December 8th. (Remember to turn in the complete bear with your gift.)

If you would like to see the excitement on the face of these children and seniors when Santa and his helpers deliver the gifts and food, you are invited to come along!! Santa and his helpers will gather at the Administration Building at 8:30 a.m. on Saturday, December 13th. Transportation will be provided and we should finish around 1:00 P.M.

If you have any questions, please contact any EAC representative.

JR Powell, 911 Center
Lee Clark, Planning
Carol Jones, Purchasing
Judy Dyer, Court
Susan Reynolds, HR
Sharon Foley, Accounting
Madaline Wells, Juvenile Intake
Shannon Barker, CA's Office
Ricky Walker, Sheriff's Office
Dawn Wright-Lawson, HC Schools
Monica Adams Hatchett, HC Schools
Donna Searce, Treasurer's Office
Julie Shelton, Treasurer's Office

Thank you, EAC

County Connection

December Birthdays

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 Chris Price	4 Scott Fisher	5 Jerry Arrington Eric Martin	6 Jeanne Joyce
7 Charles Bishop	8 Carl Pacifico Susan Elliott David Moore	9 Shannon Barker Michael Motley Jason Sturm	10 Steve Eanes Andrea Amos	11 Sandra Law Adrianne Bowyer	12 Tim Compton Travis Pruitt	13 Frances Wade Mark Jamison Christian Youngblood
14 Candy Bailey	15	16 Jennifer Gregory	17	18 Troy Reeves Dean Shumate Scott Barnes	19 Ronnie Minter	20 Misty Pace Ben Whitlock
21 Travis Hambrick Lauren Powell	22	23	24	25 Scott Semones Lee Clark	26	27
28 Richard Martin Corey Harbour	29 Jason Burton Mike Amos	30 Roy Hall	31 Jerry Farmer Terry Farmer			
			